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FLOWERING DESIRE

IF PEONIES HAD A CAPITAL, IT WOULD BE LI LIANG'S
HOMETOWN OF LUOYANG. THEIR BURNING RED
PETALS CONTINUE TO DOMINATE HIS ART. **P.4**



北京青年报
BEIJING YOUTH DAILY

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FEATURE



Money Sour Buddhism's Ceremonial Animal Release

BY YANG XIN

Photos by Netease

The Olympic Forest Park on the capital's North Third Ring Road has unwillingly accepted some new furry visitors: rats.

Nearby residents first reported rat sightings earlier this month, and a capture operation by the Chaoyang District Center for Disease Control and Prevention nabbed more than 80 in one day. The rats' arrival was attributed to someone's random release.

Ceremony Gone Sour

The release of captive animals, a practice known as fangsheng, is an age-old religious tradition and is intimately linked to Buddhism, the predominant faith throughout Asia and, which has also expanded in recent decades in the West. Turtles are released into rivers or seas for longevity, fish for enlightenment and birds for hope.

Raoul Birnbaum, a professor of Buddhist studies at the University of California at Santa Cruz, explained the practice in an interview with *The New York Times*. "The first scriptural reference to releasing animals appears in a Chinese sutra from the mid-fifth century when some Chinese Buddhist texts instructed followers to 'practice the act of releasing animals due to the mind of compassion.'"

It had since become a popular way for believers to game the karma system in hopes of warding off illness and untimely death.

Nowadays, this religious act can be found at almost every temple in China, although the religious meaning of releasing animals has become horribly lost.

In coastal Sanya, China National Radio recorded a release operation in the Buddhist-themed Nanshan Cultural Tourism Zone. Various species of fish and turtles were available for people to set free into the sea with prices ranging from 39-1,999 yuan. The most expensive were sea turtles, which were sold for as much as 50,000 yuan.

The Paper reported that the released sea turtles were soon to be captured again and sold out for a profit.

Every Saturday morning, hundreds of devotees meet at Shanghai's Huangpu River

to release fish. After three hours of chanting, they usually release around 2,000 loaches into the murky waters. The result is often slews of dead fish found floating downstream.

Each year in August and September, the water of Beijing's Shichahai is similarly covered in thousands of kilograms of dead farm-raised catfish. Unable to survive in a wild environment, they die in mass soon after being released.

"Before a bird or turtle can be freed, it has to be captured – often just after having been released by someone else. The result is denuding of wild populations and a vast recycling of mistreated animals, most of which are likely to die on one of their ersatz flights to freedom," *Scientific American* wrote.

Others worry about the potential for biological invasion.

"Some of those that do survive the ritual establish themselves as invasive species, as has happened already with American bullfrogs and red-eared sliders turned loose in China and snakehead fish in the United States," according to the Audubon Organization, an environmental protection organization.

Black Industrial Chain

The ceremonial act has become a crooked business-venture for opportunists trying to squeeze more money out of believers' pockets.

A recent reporting by the *Economist* quotes officials who estimate that around 200 million fish, snakes, turtles, birds and even ants are released each year, generating around 1 million yuan in annual donations, which goes straight to the pocket of fangsheng associations.

"A market has popped up to meet this demand. The Buddhists who buy the animals do so regularly. Sellers place corresponding orders with poachers, who then

hunt these animals accordingly," Wen Jia, a commentator, explained on Tencent News.

Not all buyers are well-meaning Buddhists. More and more merchants have reported their fangsheng animal sales going to public relations strategists.

According to *Reference News*, a "butterfly release" activity organized in March by some merchants in Chengdu resulted in the collective death of a slew of butterflies transported from the warmer Yunnan province. After their release, these

butterflies were soon trapped or crushed by crowds of onlookers.

Driven by temples more interested in profits than enlightenment, the ritual has gradually morphed into a mere formality.

"If you search for the keywords Bud-

dism and fangsheng on Baidu, you can see countless groups claiming to be Buddhist temples and offering animal release services as long as you hand over a so-called "donation-based fee," Wen Jia said.

Loose Regulations

In fact, releasing animals into the wild without a permit in China is prohibited.

The Administrative Regulations on the Proliferation and Release of Aquatic Lives, passed into law in 2009, requires that groups and individuals who plan to release aquatic life into the wild must inform local fishery departments 15 days in advance and accept supervision.

But except for several cases that had catastrophic environmental consequences, most fangsheng acts go unregulated and escape mandatory legal punishments, according to *Yangcheng Evening News*.

"Many small aquatic life release groups are scattered around the nation and can hardly be placed under supervision. As for the large-scale groups, they seldom inform the authorities," said Li Ying, deputy direc-

tor of the Guangdong Fangsheng Association Expert Committee.

"Until more specific laws and regulations come out, it will be hard for relevant departments to enforce anything," Li said.

Correcting the Trend

Compared to Western animal release practices, the Chinese fangsheng community seems to lack the participation of a significant party: wildlife rehabilitators.

The News Weekly explored Western wildlife rehabilitation practices last September. "Wildlife rehabilitation refers to the treatment and care of injured, orphaned or sick wild animals so that they can be released back to the wild. It started around the 1970s with the emergence of environmentalism in West. In less than four decades, it has developed into a rigorous, scientific and well-organized social body," it wrote.

The voluntary job requires extensive training and qualification certificates. Rehabilitators must meet the minimum standards of the International Wildlife Rehabilitation Council – standards that could have prevented many of the mass deaths following China's fangsheng ceremonies.

Commentators said temples could work with rehabilitators for a more effective animal release result.

"Temples have ample funds to give: something that rehabilitators tend to lack," Benkong Shi, a Buddhist dedicated to scientific animal release in New York, told the Audubon Organization. Shi is the author of several books on compassionate release, which he plans to send to temples, conservationists, and rehabilitators around the US.

"My ultimate goal is for every Buddhist temple in the US to have a rehabber or conservation group that they support and use to educate their community. They just need to come and knock on our door," Shi said.

China's temples certainly have more money to support such rehabilitation groups than their American counterparts – it's only a question of whether they are willing and able to change. ■

MUSIC



Sama Band Brings Flamenco, Gypsy Rhythms to Beijing Bars

BY SIMINA MISTREANU



Photos Courtesy of Sama Band

The rhythms of a painful love story between a rumba singer and a Gypsy girl rang loud and fast at the Modernista bar near Gulou Dong Dajie on a Friday night in October. The song, "Baila Me," a 1991 hit by the French flamenco band Gipsy Kings, did what it has been doing for more than two decades in venues around the world: got the whole club dancing.

On the stage were four musicians from Xinjiang, an autonomous territory in northwest China. The two guitar players and vocalists ran their fingers fast across the chords, punctuating the rhythm with soft slaps of the guitar, typical of Spanish and Latino musicians.

Sama mixes traditional Uygur music with rumba, flamenco, Gypsy music and everything in between.

The bass player, Zulpikar, and the drummer, Zulkar, are brothers hailing from Hotan. Yasen, the guitar player and lead singer, comes from Kashgar.

The second guitar player, Muhpul, was only filling in for the night. The all-Uygur band is currently looking for a permanent guitar player.

Yasen grew up playing Uygur music, particularly the Turkish tambur, a traditional string instrument. He learned to play the guitar when he was around 17 years old.

Zulpikar started out playing in a jazz band, but he became intrigued with flamenco music. He thought the Spanish genre was very similar to the Uygur party music of his hometown.

"We think the two genres have similarities," Zulpikar said. "When you listen to bands like Gipsy Kings and to Xinjiang music, they're not that different. So we thought it wouldn't be too hard for us to learn flamenco because of the similarities with Xinjiang music."

Zulpikar studied flamenco, rumba, Latino and Gypsy music by watching YouTube videos. Then he taught his younger brother, Zulkar. The brothers' theory is that travelling Gypsies, also known as Roma, carried the music over centuries from India, their country of origin, through the Middle East, Central Asia and into Europe.

Gypsy music, played either by violin or brass orchestras, generally has fast rhythms and is learned by ear. For decades, it has been popular in Europe and across the globe. In recent years, young bands sprouted across the US. Their members go to Eastern European villages to train with traditional musicians.

About eight years ago, together with Yasen, the Zul brothers founded Sama in Beijing. Sama is the name of a traditional Uygur dance performed by large groups of people, especially men, at weddings and other celebrations. The capital offers more opportunities for artists, Yasen said, though their music is mostly enjoyed by expats. Han Chinese sometimes listen to pure flamenco

music but don't necessarily enjoy Sama's mix of genres.

"It's new to Chinese," Zulpikar said. "Chinese like rock 'n' roll and jazz, but they don't like 'happy' music, what would be considered party music. Chinese traditionally don't do that."

But the band has learned to go for what the public wants. During a gig, they might start with a flamenco or rumba song, and then continue according to how the crowd reacts. They like to mix songs and improvise on stage.

The band members also compose their own songs, and are currently looking for sponsorship to produce their first album. So far, each of the members has appeared on other artists' albums, but they haven't done one together. They are full-time artists.

"We make enough to support ourselves, but you can't make a fortune out of it," Yasen said.

They go on regular tours around China. So far, Shanghai, known for its large expat population, has received their music with the most enthusiasm. They've had a few gigs abroad, but there they played exclusively Uygur music.

Uygur artists in Beijing don't form a tight community, Zulpikar said. Off stage, everyone goes about their own lives. The artists say they've never felt pressure or limitations because of their ethnicity, but that might also be because so far they've performed only in smaller bars and clubs.

Their ambition is to take the Spanish tunes and their hometown music to Beijing's live houses, which are currently dominated by rock and jazz.

"We hope more and more people will accept this kind of music," Zulpikar said.

But until they entice hundreds of people into performing a massive sama, they will continue to make smaller groups dance their hearts out. ■

Yen Wang contributed reporting.

LIVE SHOW ROUNDUP

Beijing boasts one of the world's most vibrant indie music scenes. Support our local artists with a trip to one of this week's live performances!

Super VC @ Yugong Yishan

If you mention "New Rock Generation" in China, most people will think of Super VC. Due to their music and style they have gradually won the hearts of many listeners. Frequent wins at Chinese music awards brought them constant media attention. Now Super VC has a more classic and mature look. Its upcoming album will be very pleasant and enjoyable, containing various styles.

🕒 November 6, 9-11 pm

📍 3-2 Zhangzizhong Lu, Dongcheng

💎 80 yuan (pre sale), 100 yuan (at door)

Li Xia & Lidong Band @ DDC Club

After two years away from local indie rock circle, Li Xia and his Lidong Band are back with a new EP. Li Xia was known as a folk singer for his song "Small Peony," but he is also a rock singer famous for performing "Train Tonight" on the stage of *Sing My Song*. Li Xia and his band are preparing for their next EP next spring.

🕒 November 7, 10-11:30 pm

📍 14 Shanlao Hutong, Dongcheng

💎 60 yuan

Yisu Band @ Lanxi Bar

Yisu Band was founded in 2004 by nine young men. Yisu's music is based on Mongolian style combined with rock, religious and world music. Yisu means "nine" in Mongolian language, and nine is an important number in Mongolian culture.

🕒 November 7, 9:30-11:30 pm

📍 183 Jiu Gulou Dajie, Xicheng

💎 40 yuan (pre sale), 50 yuan (at door)



Leng Wanwan @ Hot Cat Club

Goodbye Mr. Loser is definitely one of the year's most popular movies. The movie is also known for its theme song with the same name. Jin Zhiwen, who became famous on the stage of *Voice of China*, sings the song with his unique voice. But the writer and composer of the song is Leng Wanwan, a Chinese singer and actress. Leng is performing her own music at small clubs across China.

🕒 November 8, 4-5:30 pm

📍 46 Fangjia Hutong, Dongcheng

💎 80 yuan (pre sale), 100 yuan (at door)



Next Show

🕒 November 7, 10 pm

📍 Modernista Old Cafe and Tapas Bar,

44 Baochao Hutong, Dongcheng



ARTISTS



Palace



The Artist Li Liang



The Elf of Wind

Red Flowers Hide Human Desires



A Moment



Travel



Non-Flower No.1

BY SHU PENGQIAN

Throughout the ages, cultures have assigned special meanings to each flower. In China, the peony is a national flower that symbolizes wealth and honor. If peonies had a capital, it would be Luoyang, Henan province. The city has held an annual “Peony Party” since 1983, and every corner is decorated with the flowers.

It's no surprise that the peony then is the fundamental element in all Li Liang's creations.

Born in Luoyang, Li grew up surrounded by peonies. “I think they are some of the most beautiful things in this world,” Li said. “Their petals are tight and close, which resembles a burning fire and can be seen as a metaphor of human desire and enthusiasm.”

Although the peony is the source of Li's creation, the flowers in his paintings are not like real peonies. Rather, they reference the noble flower.

Throughout the year, Li collects photos of peonies to use as a reference. Referring to these pictures, he dissects each peony into different parts, selects suitable parts from different photos, reforms these parts and then creates a new kind of flower using his imagination.

Non-Flower is Li's most recent painting series.

In *Non-Flower*, Li covers the canvas with reds and pinks, creating a world blanketed by red and pink fog. Blooming flowers occupy a large proportion of the picture.

“It is the embodiment of strong desire hidden in the human heart,” Li says.

Tiny human figures also appear in his *Non-Flower* series. These human figures are so small that viewers can hardly find them without careful examination. While each has a unique pose, the figures are abstract, without specific identity or gender.

“Going to art exhibitions is a common thing for me,” Li said. “I often see such scene in different art exhibitions. Empty halls with giant pictures that make the viewers appear so small in comparison. At the moment they have the same identity: whether rich or poor, they are just ordinary viewers who came to appreciate art.”

Aside from the big flowers and tiny figures, dozens of blurry lines wind through each painting. The purpose is not for random embellishment: Li says the lines are a manifestation of how reality can put people at unease.

While struggling with a creative block at the Central Academy of Fine Art, Li tried to create a wide variety of painting styles in order to find a suitable direction for himself. His first thought was to begin incorporating elements that would play well with the art market. But he quickly found that all such works were “too stiff.”

Going to different art exhibitions did not relieve Li's anxiety, but aggravated his confusion. Under this pressure, Li decided to stay alone for a while.

During that period, Li's *Sadness* series, his style was born in a room barely large enough for a bed. Li said *Sadness* was a product of his own heart rather than a response to the market's demands.

In *Sadness No.5*, an unhappy boy with a white T-shirt rides a horse through some red flowers.

“The boy's expression reflects my mental state at that time – confused and hesitant,” Li says.

Still, Li used red – the brightest color – to set the tone of his painting. The brilliant red contrasted with a dark background and the boy's gloomy expression.

“Red flowers stands for hope and enthusiasm, and I want to remind myself through these blooming flowers that hope is always there for me,” he says.

The creation of a painting comes from the accumulation of source material and sketches, Li says. As a result, he has taken up photography and keeps a sketchbook to play with interesting scenes and ideas. ■

artand.cn/bear1985

A TRAVEL



Photo by beijing.lotour.com

Red Leaves Arrive in Beijing

BY DIAO DIAO

In October and November, it is one of the few places in the city where people can still see red leaves. Leaves only turn red within a certain temperature range, and the best time has already passed. For people who were late in planning their fall outings, it can be hard to find trees that still have anything other than yellow leaves.

We suggest you hurry, because the remaining red leaves won't survive too many windy days.

Badaling Great Wall

Late September to late October is the most colorful season in Beijing's forests. Red leaves, green cypress trees and the Great Wall make for a beautiful picture. The Badaling Great Wall area has sumacs that turn red and purple-blossomed maples that remain gold.

Badaling Great Wall is one of the first places to get red leaves because the mountainous wall has a much lower temperature



than downtown Beijing. The wall recently added a new Tenglongtai platform, where

visitors can catch a view of the whole wall and its colorful forest surroundings.

Visitors can also see China's first railway tracks, a bronze statue of their creator Zhan Tianyou, the Qinglongqiao train station and the Badaling highway.

☎ (010) 8118 1458

📍 Changping

🕒 Late September – Late October

Beigong Forest Park



Beigong Forest Park was built in 2002 and opened to public in 2007. It is the nearest forest park from the city center.

Beigong Forest Park has the most varieties of plants. Trees with red leaves and other colors occupy some 3,000 hectares of parkland centered on the lake. Species include maples, sumacs, torches, luan trees, golden elms, ginkgoes, dawn redwoods, privets, tilias, dwarf cherries and cherry plums.

Beigong Forest Park is also known

for many beautiful locations in the park. Langpoding is the main mountain in the park. The north side of the mountain is a cliff caused by an earthquake. Qiushiyan is the place where visitors can pick different fruits in harvest season. There are also valleys, hills, streams and towers in the park that offer different views.

📍 Fengtai Early

🕒 October – Mid-November



Baiwangshan

Baiwangshan is quieter and more comfortable than Xiangshan for enjoying the fall colors. It doesn't require a parking permit and is only 3 kilometers far from the Summer Palace.

The best place in Baiwangshan to see red leaves is the Friendship Pavilion, which has a wider view of the woods area. The path has small ramps where visitors can have a slow walk while getting a close look at the red leaves.

Another place is Lanfeng Pavilion on the top of mountain. It has the best view of both red leaves and green pine trees. Visitors can see the most beautiful sunset in Beijing at the top of the mountain.

📍 Haidian

🕒 Late October – Mid-November



CFP Photos

Hongluo Temple

Hongluo Temple is located in Huairou district. The temple is 55 kilometers from the city center and a national level tourist attraction.

Hongluo Temple, also known as Daming Temple, was built in Ming dynasty. It is bounded by the Hongluo Mountain on its north and Hongluo Lake on its south. The temple area has some 4,000 hectares of red leaves and other colorful leaves and much less traffic than Xiangshan Park.

A chair lift carries visitors up and down the mountain. Outside the temple there are small farmhouses that provide visitors with organic food, and a nearby market sells homemade products from the farms.

📍 Huairou

🕒 Late October



ENTERTAINMENT



Kangsi Says Goodbye to Viewers

BY DIAO DIAO

Kangsi Coming, one of Taiwan's longest airing variety talk shows, has finally gone off the air. On October 16, Kevin Tsai announced he was quitting the show to make some changes in his life. His co-host Dee Hsu announced she would quit if Tsai left.

The show began airing in 2004 and quickly became one of the island's most popular. Its name was both a mash-up of the hosts' names and a nod to the Qing

Dynasty's most popular emperor.

Kangsi Coming followed the popular model of pairing a quiet and direct male host who asked serious questions with a sexy and unruly female host out to embarrass the show's guests. The show regularly drew pop stars such as Jay Chou, Jolin Cai and the members of S.H.E, as well as politicians such as Ma Ying-jeou.

The chemistry between Tsai and Hsu won *Kangsi* many fans – even on the Chi-

nese mainland. People say that the whole 1980s generation grew up with *Kangsi*.

While that may be an exaggeration, there's no question the show had a dramatic influence on Chinese variety shows. Numerous local stations copied the format: some went as far as asking their hosts to adopt Taiwanese accents.

But the super show is bowing out after years of success.

Chen Guanting, a former producer of

Kangsi and other variety shows in Taiwan, told Tencent Entertainment that format is on its way out. A lack of new ideas and program settings and shrinking budgets kept variety shows from evolving with the times. Chen said the *Kangsi* studio was never changed or redesigned from the day the program first aired.

Chen said he is planning to cooperate with some mainland entertainment companies to transfer his focus as many celebrities have come from Taiwan to the mainland to further their careers.

Wu Zongxian, the island's former king of variety shows, broke his contract with a TV station to relocate to the mainland. Ella Chen of S.H.E recently joined an online show hosted by Hua Shao, the famous host of *Voice of China*.

TV shows on the mainland receive higher ratings than Taiwan-made shows due to the sheer number of eyes available. *Voice of China*, *Dad Where Are We Going*, *I Am a Singer* and other mainland-produced reality shows have excelled at attracting viewers throughout the Sinosphere.

Several days after Kevin Tsai and Dee Hsu announced their plans to quit *Kangsi*, the program's director said the show would end when they left. Now most of the fans are reviewing old episodes and guessing who will be *Kangsi*'s final guest. ■



CFP Photos

Bai Yansong's New Book: Bai Says

BY DIAO DIAO



The last five years have seen an exodus of serious reporters and broadcasters from the nationally owned CCTV. Bai Yansong, a journalist with more than 20 years of experience in the field, is one of the few clinging to the station.

Bai graduated from Communication University of China in 1989 and was assigned to work at China National Radio. Four years later, Bai participated in making the program *Dongfang Shikong* (Eastern Times) and started his career as a professional TV journalist.

Bai's humorous speaking style and perceptive sense of society have made him popular with viewers. In many ways, his unique use of language made Bai

an antidote to the stilted and obviously scripted delivery of most Chinese news.

Today, Bai is a highly respected commentator and the author of numerous books that record his insights into China's contemporary social issues and politics.

Bai Says, an ersatz "Chicken Soup" for journalists, follows his earlier books *Are You Happy* and *Painful While Happy*. Its name is a double entendre meaning both the literal "Bai Says" as well as to speak in vain.

The book talks about exchanges with people throughout his 15-year reporting career, and includes conversations with politicians, educators, revolutionaries,

philosophers and others.

Bai said he doesn't have Weibo or WeChat accounts and denied any association with the comments by "Bai Yansong" posted online. He said he never wanted to be seen as a champion for online speech.

But that doesn't mean he is afraid of conflict with the people generating fake news. He said he doubted a journalist could actually be a journalist without offending anyone.

In the book, he points out that China's public voices are always arguing and debating, but none bother to think about a way to solve problems in the middle of their criticism. ■

Q CLASSIFIEDS

MUSIC



Music Jamafreeca: The Third Year

Jamafreeca is a project that was born on July 7, 2013 in Beijing. The event was created to share Afro-Caribbean culture through a concert bringing together different artists and musical genres. Following the opening of borders between different African and Caribbean countries and China, this concert also established closer links between the different nations to strengthen cultural exchange.

Greg Rose (born March 26, 1980), better known by his stage name Perfect Giddimani, Mr. Perfect or simply Perfect is a Jamaican reggae singer who has gained worldwide recognition for his reggae hit "Hand Cart Bwoy," which entered the Jamaican charts in 2005.

Other performing artists include Ultimate Band Crew, Raddam Ras, Apex Zero, Tribal Zulu and Abel X.

- ⌚ November 6, 9:30 pm - 2:30 am
- 📍 Yugong Yishan, 3-2 Zhangzizhong Lu, Dongcheng
- 💰 120 yuan, 100 yuan (advance)



Itzhak Perlman Violin Recital

Undeniably the reigning virtuoso of the violin, Itzhak Perlman enjoys superstar status rarely afforded a classical musician. In January 2009, Perlman participated in the inauguration of US President Barack Obama, performing with clarinetist Anthony McGill, pianist Gabriela Montero and cellist Yo-Yo Ma.

In December 2003 the John F. Kennedy Center for the Performing Arts granted Perlman a Kennedy Center Honor, celebrating his distinguished achievements and contributions to the cultural and edu-

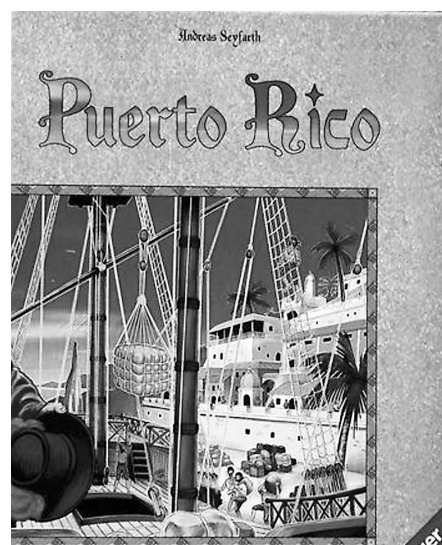
cational life of our nation. In May 2007, he performed at the State Dinner for Her Majesty the Queen and His Royal Highness the Duke of Edinburgh, hosted by President George W. Bush at the White House.

Rohan de Silva's partnerships with violin virtuosos Itzhak Perlman, Cho-Liang Lin, Midori, Joshua Bell, Benny Kim, Kyoko Takezawa, Vadim Repin, Gil Shaham, Nadja Salerno-Sonnenberg and Julian Rachlin have led to highly acclaimed performances at recital venues all over the world.

With these and other artists he has performed at Carnegie Hall, Lincoln Center's Avery Fisher Hall and Alice Tully Hall, the Kennedy Center, Library of Congress, Philadelphia Academy of Music, Ambassador Theater in Los Angeles, Concertgebouw in Amsterdam, Wigmore Hall in London, Suntory Hall in Tokyo, the Mozarteum in Salzburg and La Scala in Milan and Tel-Aviv.

- ⌚ November 10, 7:30 pm - 12:30 am
- 📍 National Centre for the Performing Arts (NCPA), 2 Chang'an Jie, Xicheng

COMMUNITY



Chaoyang Board Game Geeks

A dedicated board gaming group is meeting one Friday each month in the board game bars of Chaoyang District. Do you fit what they are looking for?

The group is seeking people who like "serious" board games that require a decent amount of concentration and strategy but that can be played in one sitting. No "Scrabble" or "Apples to Apples" - but also no hardcore role-playing or campaign games that take days (or longer) to complete. Most of the board games are German, but there are a few from other European countries and the US.

Players should be reasonably competitive and have an interest in playing board games. A good board game session requires everyone to be paying attention and giving it their all.

Meetings offer a chance to play "offline" and get to meet new and different people, chitchat and make friends. Age, gender, profession and language are irrelevant.

- ⌚ 10:30 pm - midnight, Multiple Dates
- ✉ timdorsett@gmail.com

STAGE



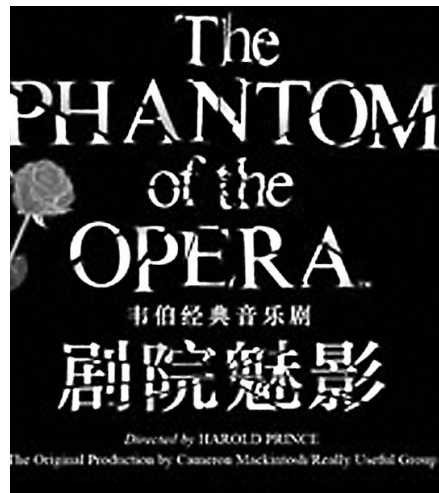
Martha Graham Dance Company: Three Geniuses of 20th Century Art

This special program will bring audiences new ways to consider the artistic contributions of three geniuses of 20th century art: choreographer Martha Graham, artist Pablo Picasso and composer Igor Stravinsky. Each of these artists was responsible for dynamic and radical change in their art forms. The performance will offer a selection of dances enhanced with short narration, media and music, which will allow audiences to make fresh connections to their great artistic achievements.

Chronicle premiered in New York on December 20, 1936. The dance was a response to the menace of fascism in Europe and is performed by 12 women. Earlier that year, Graham had refused an invitation to take part in the 1936 Olympic Games in Germany, and her concern with the Civil War in Spain is evident in her work of the time. *Chronicle* is not a realistic depiction of events. The intent is to universalize the tragedy of war. The dance has a score by Wallingford Riegger and is divided into three sections.

Deep Song is a solo Graham created for herself that premiered in New York in 1937. Set to music by Henry Cowell, the dance was composed in response to the Spanish Civil War. According to the original program notes, "the forms of the dance - its swirls, crawls on the floor, contractions and falls - are kinetic experiences of the human experiences in war ... It is the anatomy of anguish from tragic events."

- ⌚ 7:30 pm - midnight, Multiple Dates
- 📍 National Centre for the Performing Arts (NCPA), 2 Chang'an Jie, Xicheng
- 💰 180-680 yuan
- ✉ info@chinaledu.com
- ☎ (010) 5869 5800



The Phantom of the Opera

Andrew Lloyd Webbers' *The Phantom of the Opera* is coming to Beijing for the first time in history this November, 29 years after its London debut. The cast is led by eminent veteran musical actor Brad Little, who joined the opera's Broadway in 1996, as the Phantom, and Emilie Lynn, as Christine.

The Beijing adaption of the musical will preserve as much of its original taste as possible. "If we are going to bring you the Mona Lisa, we are not going to put a different frame on it. We are going to keep it the original way, and that's what we are doing with *The Phantom of the Opera*. We don't want to fix something that's not broken," said Brad Little at the China tour launch party last week.

The musical will not be adapted into a Chinese language version like *Mamma Mia* and *Cats* were, but there will be Chinese subtitles. "[This will be the original one] I played in Broadway. It's the same music, the same set, the same costume, the same lighting," Little said.

- ⌚ 7:30-9:30 pm, Multiple Dates
- 📍 Tianqiao Theater, 30 Beiwei Lu, Xuanwu
- 💰 180-1,180 yuan

ART



Nepal Beyond the Temple Walls

Portraits, myths, legends, religion and tradition are the cultural heritage of Nepal. These three black and white series commemorate and celebrate living traditions and ancient beliefs that permeate most of Nepal's festivals and rituals.

The first series, *Reincarnation of a Dancing Demon*, represents an indigenous dance of possession performed by a man-eating demon, shot during a heavy monsoon rain. The second ritual celebrates the *Defeat and Exorcism of the Mythical Demon Ghanta Karna*. The last series, focusing on the *Cow Procession*, portrays a festival commemorating relatives and dear ones who died over the past year. All grieving families are parading and children are disguised as holy cows to accompany the deceased in the afterlife. The portraits stand out for their mythological visual impact.

- ⌚ 9:30 am - 11:59 pm, Multiple Dates
- 📍 Zarah, 46 Gulou Dongdajie Dongcheng

FOODS



Photos by nicpic



Photo by 58pic



Healthy Foods to Weather the Changing Season

BY WANG YAN



Photo by Duitang

With the days growing shorter, autumn may not be the most joyous season, but it is the most suitable for staying comfortable on a bed, resting and enjoying delicious food.

Beijing Today has picked out a handful of common cooking materials that are perfect for the cozy season.

1. Honey

In northern China, it's very easy to end up dry and dehydrated in autumn. Chinese medicine suggests that it takes more than water to fight autumn dryness. Instead of plain water, Chinese people believe in adding a bit of honey. Traditionally, people would drink salty water in the morning and honey water at night to stay hydrated throughout the day. This is also reputed to prevent constipation. There are many Chinese dishes that incorporate honey including honey eggplants, honey chicken wings and honey pork ribs.

2. Dried Lily Flowers

Also called lily buds, dried lily flowers are used in many Chinese dishes and are a key

ingredient in hot and sour soup. It is said that the flower symbolizes wealth during the Lunar New Year celebration. Dried lily buds have a fruity, floral scent and are used in a variety of traditional dishes. They are often paired with wood ears in hot and sour soup. They are also paired with celery, eggs and cashew nuts. In Chinese medicine, the lily root is said to be good for the lungs and brain. They also have a long history as a folk remedy for insomnia.

3. Pear

Pears in Chinese culture are considered to have the ability to reduce the "autumn anxiety." However, they are also considered a cold type fruit and are not supposed to be eaten by the elderly. Nevertheless, pears find a fall use in red wine pear soup, rocky candy pear soup and apple pear duck soup. Pear and tremella soup (Xiaodiao Litang) is one of the best-known soups in Beijing, and many restaurants serve it.

4. Dried Dates

Nutrition experts say dried dates are a

powerhouse of vitamins and minerals that help people improve their health. According to Indiatimes.com, dried dates promote cardiovascular health by sucking cholesterol from the arteries. They make a great snack for people with early heart disease and are low in calories. In Chinese medicine, dried dates are considered a good snack for seniors since they prevent high blood pressure, osteoporosis and anemia. Dried dates are also commonly paired with ginger, medlar fruits and tremella.

5. Peanut

Delicious, crunchy and nutty peanuts are popular in many countries. The nut is also known for its great nutritional value and noteworthy health-benefits. According to Lifestyle Nutrition Counseling, peanuts are rich in energy and contain beneficial minerals, antioxidants and vitamins. Peanuts are also a good source of dietary protein that is essential for growth and development. Vinegar peanuts are a common order in restaurants, and a popular bar food. ■

MAKE YOUR OWN WITH THIS RECIPE

Learn to Make Sweet Potato Porridge

BY WANG YAN

Orange-fleshed sweet potatoes are at the top of nearly every healthy foods list. One baked, medium-sized sweet potato contains 438 percent of the daily-recommended amount of vitamin A, 37 percent of vitamin C as well as calcium, potassium and iron.

What's more, sweet potatoes also deliver 4 grams of dietary fiber – 16 percent of the daily-recommended amount. This simple recipe of sweet potatoes is a perfect choice for chilly autumn nights.

Ingredients:

- ☐ 60g sweet potato
- ☐ salt
- ☐ rice



Photo by jdzt.com

The Steps:

1. Clean the rice and sweet potato. Peel the sweet potato and chop it into small pieces.
2. Add rice and water to a rice cooker. Add the sliced sweet potato.
3. Cover the rice cooker with a lid and cook for around 20 minutes.
4. Remove the porridge and serve chilled, depending on your preferences.

Healthy Hotpot for Autumn

BY WANG YAN

Hotpot is loved by many Chinese and is enjoyed by many in the expat community. Beijing's chilly autumn and winter are the perfect seasons to order up your favorite meats and vegetables and have them cooked at the table in a spicy and steamy soup.

While that image might be appetizing for many, some people have a hard time digesting such a traditionally spicy dish.

Dingxian fish hotpot is a hopeful alternative. Given five stars on Dianping, Dingxian is a rising star among the city's many hotpot restaurants. Customers said they were impressed by the restaurant's fresh fish soup. More traditional lamb stock is also available.

The restaurant serves a variety of different fish including snakeheads and grass carp. Although it is known for healthy, non-spicy soup, Dingxian also provides options for people who prefer more heat.

The restaurant's environment and service were highly praised, and the waiters and waitresses are very friendly and helpful. Dingxian offers free refills on its plum juice.

Locating just next to the Huixinxi Station on Line 10, the restaurant is easy to locate and provides free parking. ■



Photos by Dianping.com

Dingxian Fish Hotpot

248 Huixinli, Beitucheng Dong Lu, Chaoyang
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